



Fresh School Meals

WRITTEN BY CHEF JIMMY SCHMIDT

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SUMMER SWEET CORN

Summer sweet corn has the unique property of capturing all of the sun's rays and turning them into pure sweetness. Today we will make a terrific corn chowder perfect to refresh and fortify your day.



Sweet corn is a remarkably hardy and adaptable plant, found growing almost everywhere in the world today. Corn is a native of the Western Hemisphere, believed to have first occurred in Central America where Costa Rica now occupies. It was under cultivation by at least 3500 BC, and became the core food crop that was an essential part of the North American Indians diet — as well as that of the Incas, Aztecs and Mayans.

The cob is made up of consecutive rows of kernels each holding its own bite of sweetness. The most popular variety of corn in the marketplace today. White corn which is just as sweet is actually lower in carbohydrates.

One large ear of corn contains about 120 calories, 5 grams of protein, 3 grams of fiber, and 26 grams of carbohydrate. Corn also contains potassium, thiamin (vitamin B1), pantothenic acid (vitamin B5), folate, vitamin C, phosphorous, manganese, and beta-carotene.



If you can't pick it yourself, look for fresh green husks with fresh green stems and plump even rows of kernels. The silk and the husk should be moist and pliable. The fresher the corn, the sweeter the flavor. From the moment the corn is picked the natural sugar in the kernels begins converting to starch. Store freshly picked corn under refrigeration until you are ready to use and to preserve the garden sweetness.



The traditional way of preparing sweet corn comes from the Shakers. Place the husked and de-silked corn in a large pot of cold water with a pinch of sugar. Bring the pot to a boil over high heat and cook for exactly one minute after the boil is detected. Drain and serve.

Whether you prepare your corn as the Shakers did or utilize your own technique, avoid adding salt to the water because it will harden the kernels.

See the next page to explore the taste of summer through my recipe for Sweet Corn Chowder with Buffalo Wing garnish. It will blow your mind with the pure sweet corn flavor.



SWEET CORN CHOWDER

Makes 4 Serving



Ingredients:

For the Sweet Corn Chowder:

- 6 large ears of sweet white corn, just picked super sweet- remove husk and all silk
- 2 tablespoons unsalted butter
- 1 medium yellow onion
- 6 cups of water
- 2 tablespoons yellow corn meal
- Sea salt
- Freshly ground black pepper

For the Buffalo Wing garnish: (Optional)

- 1 cup chicken wing meat
- Frank's hot sauce
- Snipped fresh chives

Directions:

Place the prepared corn in a large pot of cold water. Bring the pot to a boil over high heat and cook for exactly 1 minute after the boil is detected. Drain immediately. Once the corn has cooled enough to handle cut the corn kernels from the cobs. Scrape the cobs with the back of your knife to help release all the corn milk. Reserve 1/4 of the best kernels for garnish in the soup.

Meanwhile heat a large sauce pan over medium high heat. Add the butter until melted. Add the onions cooking until tender and opaque and slight golden color appearing on their edges. Add the corn, the water and the cobs to the pot. Slowly whisk in the corn meal. Bring to a simmer until thickened to sauce consistency and the flavored is developed, about 30 minutes. Remove from the heat. Remove and discard the corn cobs. Transfer the chowder in batches to a blender and carefully puree until smooth. Strain through a medium sieve. Season generously with salt, pepper to your taste. Add the garnish corn kernels into the soup and keep warm until serving.

Make the garnish: In a small bowl combine the warm chicken meat and the hot sauce to taste. Spoon in the center of the serving bowl. Sprinkle with a few chives if you wish. Serve the warm soup around the garnish. Enjoy.

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Additional Recipes

Click on the links below to view recipes from the USDA Recipe Finder Database:

- Corn Chowder H-03
- Corn Muffin Squares A-02A
- Corn Pudding I-10
- Corn Pudding I-11
- Mexicali Corn I-12
- Vegetable Quesadilla D-52
- Marinated Black Bean Salad E-21
- Spanish Quiche D-08A



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